



Serves: 4

# Ladies Finger Stir-fried in Onion Masala

## Ingredients

- Lady fingers, wiped dry, chopped into cubes 500g
- Onions, chopped finely 100g
- Onions, cut into cubes 100g
- Salt, to taste
- Cumin seeds 1 tsp
- Sunflower oil 4 tsp
- Green chillies, chopped 1 tsp
- Turmeric powder  $\frac{1}{4}$  tsp
- Green coriander, chopped 1 tbsp

### Tips:

- Heat oil till hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce the amount of nutrients in vegetables.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.

## Method

- Heat oil in a thick-bottomed pan or kadai.
- Add in cumin seeds and heat until it crackles.
- Add in the chopped onions and sauté till it turns translucent.
- Add in the green chillies and turmeric powder and sauté for few seconds.
- Add in onion cubes and toss for a while.
- Add in the lady finger cubes and sauté well for 7–8 minutes until well-cooked.
- Season with salt and mix in the green coriander leaves.
- Serve hot.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 105kcal  
Protein 3.1g  
Total fat (g and % of total calories)  
5.3g (43.6%)  
Saturated fat 0.5g  
Cholesterol 0mg  
Carbohydrate 12.2g  
Dietary Fibre 2.0g  
Sodium 187mg